

GAME DAY FAVORITES – CRISPY BAKED AVOCADO EGG ROLLS
By Kimberli Washington, Public Information Office



Ingredients:

- 3 large ripe avocados
- 1/3 cup sundried tomatoes, drained and chopped
- 3 tablespoons minced red onion
- 2 tablespoons minced cilantro
- 1 dozen egg roll wrappers
- Parchment paper
- Non-stick cooking spray

Directions:

- Pre-heat oven to 400 degrees.
- Line a baking sheet with parchment paper and set aside.
- In a large bowl, combine avocado, sundried tomatoes, onion and cilantro. Mix together well.
- Add a generous amount of mixture to the center of each egg roll wrapper. Roll until filling is enclosed and wet corner to seal wrapper.
- Place on baking sheet and spray tops lightly with non-stick cooking spray.
- Bake about 20 minutes until golden brown, turning them over after 10 minutes.
- Serve with dipping sauce of choice and enjoy!!!

Disclaimer: It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.